

VOICES OF DETROIT INITIATIVE

facts about

Smoking and Other Tobacco Use



DID YOU KNOW...

- * Quitting smoking is the number one thing you can do to improve your health.
- * Smoking hurts your senses of smell and taste, gives you bad breath, and ages your skin.
- * Children whose parents smoke are more likely to get asthma, bronchitis, colds, and ear infections. They are also at risk of being smokers.
- * There is no safe type of tobacco. All tobacco products contain nicotine, a very addictive (habit-forming) drug. Cigarettes are most harmful, but cigars, pipes, chewing tobacco, and snuff can all cause disease.
- * Smoking causes about one-third of all heart disease deaths. It also leads to 9 out of 10 cases of lung cancer. And lung cancer kills more women than breast cancer.
- * Male smokers are twice as likely to suffer from impotence as non-smokers.
- * Smoking raises the risk of eye problems that can cause blindness (such as cataracts).
- * Smokers are about four times more likely to get gum disease than non-smokers. Smokers are also at higher risk of oral (mouth) cancer, tooth loss, and cavities.
- * If you are pregnant, smoking can harm your baby. Your baby could die, be born too early, or be too small to be healthy when it is born.
- * Smoking costs more money than you might think. At \$4.00 per pack, if you smoke 1 pack per day, you will save \$1,460 each year by quitting smoking. What else could you do with this money?

To find out more about why or how to quit smoking:

- ◆ Contact the American Lung Association at 1-800-LUNG-USA (586-4872).
- ◆ Contact the American Heart Association at 1-800-242-1793.
- ◆ Contact the American Cancer Society at 1-800-ACD-2345 (277-2345).
- ◆ Contact the Tri-Cities Tobacco Reduction Coalition at (313) 876-4048.
- ◆ Or, talk to your doctor. Your doctor can help you quit smoking and stay smoke-free. Bring this fact sheet with you and write down any questions you have below.